



DATING AND RELATIONSHIPS: 11 SIGNS YOUR PARTNER WANTS TO BREAK UP

Posted by @TheInscriberMag on Jul 16, 2016 10:00

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How upsetting can it be when you are in a relationship, and you are uncertain if your partner is not in the right mood or whether he or she is attempting to end your friendship? You may feel insecure especially if this scenario lasts for quite some time particularly if it follows some quarrels or fights.

When you notice something is cooking, you should give your relationship some serious attention, lest you will be left hanging on the bitter edge.

Here are 11 signs that could suggest your partner wants to break your relationship:

1.) You cease to be a priority: If your partner stops giving you the attention they were previously offering, you should know that your relationship is in the blink of extinction, and you are the only person who stands a better chance to call it quits. This is about Cindi Sansone-Brat, relationship coach and author of *“Why Good people Can’t Leave Bad Relationships.”* Sansone-Brat adds that if you find your partner preoccupied with friends or family, it’s a sign they want to opt out of your relationship.

2.) Show little concern: Even if your partner is seated next to you, they are least concerned about you. Noah Van Hochman, the dating expert, says that your partner stops expressing emotional concern. For instance, they stop calling regularly; texts become fewer or calls last shorter. They no longer commit to undertake tasks with you.

Eventually, communication becomes extinct. Hochman recommends that you should break things off before that happens.

3.) Weird talks: One of the weird talks you may hear from your partner who wants the relationship to end include, “maybe we were never meant to be”; “we look very different”; or “relationships shouldn’t be this much.” Such annoying statements should signal that your partner is no longer interested in your relationship.

4.) Gradually starts pulling back: Relationship breakage can be gradual in some cases. Your partner may gradually answer calls and texts less frequently or become less available until one point when things naturally drizzle out. While this is a better way of ending a relationship, it’s not the best way to go, according to Nikki Martinez, telehealth counselor, and psychologist.

5.) They fail to inquire about your day: If you are in a [healthy relationship](#), you are always concerned how your partner’s day looked like. If he/she is never bothered about your days, it could be a sign that your relationship is in the blink of collapse. This is typical if your partner suddenly stops asking how you are fairing at work or business. If discussions about each other’s life become extinct, it could be a sign that your relationship is coming to an end.

6.) Constant feeling of fear: While the constant feeling of fear may not be a clear sign, you may get afraid spending time with them because you have a feeling that something is not OK. You may keep wondering whether they want to break up with you.

The best approach you can use is raising your concerns and engaging him/her in a detailed conversation.

7.) No more romantic dates: If you find that your partner is no longer committed to romantic dates than they previously did, something is not just fine. In the same way, you may realize that your partner declines your invitation for nights out.

Peep your partner all week to find out what is going on because it could signal that they are no longer interested in your relationship.

8.) Dating becomes a group thing: If you have been going out together, your partner may start seeking the company of their friends, just because they want to give you limited quality time. This is an indication that they are trying to phase your friendship, which could mean limited physical or sexual contact.

If you don’t discuss it when you notice these signs, it might be too late to get your relationship back on track.

9.) No discussions about the future: If your partner fails to discuss your future together, it could signal that they are not interested in spending their entire lives with you. About Stefanie Safran, founder of the ‘Stef and the City,’ lack of commitment to discuss the future is a clear sign that they are not committed and can signal the start of something worse. Safran recommends heart-to-heart communication.

10.) Always in arguments: Some of the most vivid clues that your partner wants to break up are impatience and constantly engaging you in arguments even over smaller issues. Kindness and understanding that follows after someone do something wrong is no longer expressed.

11.) Becomes overly defensive: A partner who wants a break up becomes overly defensive, and communication may stop when you inquire why they did something you are not pleased with. According to Danielle Sepulveres, sex educator, communication may suffer a blow due to various reasons, but for someone who is not committed to a relationship, they aren’t ready to change their behaviors when such things occur.

Conclusion: Your partner may not tell you directly that they want to break up with you. Luckily, you can tell it if you realize some of the above 11 signs. If you can’t help in reversing their decision to let go off the relationship, it’s the right time you should move on as well. Be watchful for these signs!

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